

## **4A & 5A JEFFCO TRACK & FIELD LEAGUE CHAMPIONSHIPS**

**PRELIMS – Wednesday, April 29, 2026 – 3:00PM - All events**

**FINALS-Saturday, May 2, 2026 9:15AM Field Events & 10:00AM Running Events**

**4A TEAMS:** Alameda, Conifer, Dakota Ridge, D'Evelyn, Evergreen, Green Mountain, Littleton, Pomona, Standley Lake, Wheat Ridge.

### **RESTRICTED AREA:**

The track and football field, discus, and shot sectors are restricted areas for coaches. These are areas where only competitors and meet officials are allowed.

### **ADDITIONAL INFORMATION:**

1. Entry into the stadium is \$6.00
2. 1/8th inch spikes only, no spikes in the stands
3. Field event participants need to report to their site.
4. Running events need to report to the clerk at the southwest corner of the track.
5. A trainer will be available during the meet.
6. Starting blocks will be provided but each school must provide it's own batons.
7. Please take care of your own trash in your area.
9. Clothing rules will be enforced.
10. **The time schedule will be adhered to.**

### **RUNNING EVENTS:**

- To qualify for finals in the prelim events: Winner of each heat and the next overall fastest times.

### **FIELD EVENTS:**

- Each athlete will have a total of 3 attempts and ten athletes to finals.

### **SCORING:**

- **10-8-7-6-5-4-3-2-1 (Nine Places)**

### **STATE QUALIFYING MEET:**

- This meet is a qualifier for the state track meet and all rules and regulations pertaining to such a meet will be followed (uniforms, jewelry, etc.).
- The rules governing the meet are those of the National Federation of the State High School Association and CHSAA.

### **JEFFCO ALL CONFERENCE:**

The winner of each final event is designated 1<sup>st</sup> Team All-Conference. The second-place finisher is 2<sup>nd</sup> Team All-Conference. The third-place finisher is Honorable Mention All-Conference.

# Wednesday Events – April 29, 2026

## Jeffco League Championship Meet

**Meet Starts Sharply at 3:00pm**

**Prelims: Times are approximate**

<u>Starting Time</u>	<u>Event</u>	<u>Final/Prelim</u>
2:55	National Anthem	
3:00	4A Girls 4 x 800m Relay	Finals*
3:15	5A Girls 4 x 800m Relay	Finals*
3:25	4A Boys 4 x 800m Relay	Finals*
3:40	5A Boys 4 x 800m Relay	Finals*
3:55	4A Girls 100m Hurdles	Prelim
4:00	5A Girls 100m Hurdles	Prelim
4:15	4A Boys 110m Hurdles	Prelim
4:25	5A Boys 110m Hurdles	Prelim
4:30	4A Girls 100m Dash	Prelim
4:40	5A Girls 100m Dash	Prelim
4:50	4A Boys 100m Dash	Prelim
4:55	5A Boys 100m Dash	Prelim
5:10	4A Girls 400m Dash	Prelim
5:20	5A Girls 400m Dash	Prelim
5:30	4A Boys 400m Dash	Prelim
5:40	5A Boys 400m Dash	Prelim
5:50	4A Girls 300m Hurdles	Prelim
6:00	5A Girls 300m Hurdles	Prelim
6:10	4A Boys 300m Hurdles	Prelim
6:15	5A Boys 300m Hurdles	Prelim
6:25	4A Girls 3200m Run	Final*
6:40	5A Girls 3200m Run	Final*
6:55	4A Boys 3200m Run	Final*
7:10	5A Boys 3200m Run	Final*
7:25	4A Girls 200m Dash	Prelim
7:30	5A Girls 200m Dash	Prelim
7:40	4A Boys 200m Dash	Prelim
7:45	5A Boys 200m Dash	Prelim

**Field Events Are All Finals**

**Times are Approximate**

**3:05pm**

4A Girls	High Jump
5A Girls	Triple Jump
4A Boys	Long Jump
4A Boys	Pole Vault
4A Girls	Discus
5A Boys	Shot Put

**Immediately Following**

5A Girls	High Jump
4A Girls	Triple Jump
5A Boys	Long Jump
4A Girls	Pole Vault
5A Girls	Discus
4A Boys	Shot Put

# Saturday Events - May 2, 2026

## Jeffco League Championship Meet

All Events Are Finals

Running Events- 10am/ Field Events- 9:15am (Times are approximate)

<u>Start Time</u>	<u>Running Events</u>	<u>Field Events</u>
9:55	National Anthem	<u>9:15am</u>
10:00	4A Girls 100m Hurdles	4A Boys High Jump
	5A Girls 100m Hurdles	5A Boys Triple Jump
10:10	4A Boys 110m Hurdles	4A Girls Long Jump
	5A Boys 110m Hurdles	5A Boys Pole Vault
10:20	4A Girls 100m Dash	5A Boys Discus
	5A Girls 100m Dash	4A Girls Shot Put
10:25	4A Boys 100m Dash	
	5A Boys 100m Dash	
10:35	4A Girls 4 x 200m Relay	
	5A Girls 4 x 200m Relay	
10:45	4A Boys 4 x 200m Relay	
	5A Boys 4 x 200m Relay	
11:00	4A Girls 1600m Run	<u>Immediately Following</u>
	5A Girls 1600m Run	5A Boys High Jump
11:20	4A Boys 1600m Run	4A Boys Triple Jump
	5A Boys 1600m Run	5A Girls Long Jump
11:45	4A Girls 4 x 100m Relay	5A Girls Pole Vault
	5A Girls 4 x 100m Relay	4A Boys Discus
11:50	4A Boys 4 x 100m Relay	5A Girls Shot Put
	5A Boys 4 x 100m Relay	
12:00	4A Girls 400m Run	
	5A Girls 400m Run	
12:10	4A Boys 400m Run	
	5A Boys 400m Run	
12:20	4A Girls 300m Hurdles	
	5A Girls 300m Hurdles	
12:30	4A Boys 300m Hurdles	
	5A Boys 300m Hurdles	
12:40	<b>*BREAK</b>	
12:50	4A Girls 800m Run	
	5A Girls 800m Run	
1:10	4A Boys 800m Run	
	5A Boys 800m Run	
1:30	4A Girls 200m Dash	
	5A Girls 200m Dash	
1:35	4A Boys 200m Dash	
	5A Boys 200m Dash	
1:40	<b>*COACHES MEETING</b>	
2:00	4A Girls 4 x 400m Relay	
	5A Girls 4 x 400m Relay	
2:15	4A Boys 4 x 400m Relay	
	5A Boys 4 x 400m Relay	